



Mental Health: Light Therapy & Sleep Reset

Light exposure resets circadian rhythm and mood regulation. Inadequate daylight and excessive evening light disrupt sleep and emotional balance. Light therapy is a powerful, underused tool. Timing matters more than intensity.

Morning light suppresses melatonin and anchors circadian rhythm. Evening blue light delays sleep onset and increases cortisol.

Lab trends may show worsened glucose and mood during circadian disruption.

Using light strategically improves sleep, energy, and emotional stability.

01 Is This Your Story?

A patient experiences low mood and poor sleep during winter months. Morning light exposure is introduced. Sleep improves, mood lifts, and energy returns without medication changes.

02 Try This Today

Measure: Note daily sunlight exposure time.

Do: Get 10–20 minutes of morning light today.

Reflect: Ask whether light exposure supports your rhythm or disrupts it.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

